

## **ABSTRACT**

An apparatus and method for applying and removing a disposable optical film 12 to and from an eyeglass lens 16. The disposable optical film 12 of the present invention 10 has an adhesive element 30 on one side for the removable attachment to an eyeglass lens 16. The adhesive element 30 is protected by a peel and stick backing 28 that has indicia defining the parameters of the corrective film 12, thus allowing the user to trim the corrective film to the appropriate size and shape of a multiplicity of eyeglass styles without compromising the integrity of the corrective film.